

SOME ^{2.}
OBSERVATIONS
ON THE
ORIGIN AND PROGRESS
OF THE
ATRABILIOUS CONSTITUTION
AND GOUT.

Chap. IV. containing the regular, cardinal Fit.

By WILLIAM GRANT, M. D.

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LONDON:
PRINTED FOR T. CADELL, IN THE STRAND,
MDCCLXXXI,

SOME
OBSERVATIONS
ON THE
ORIGINAL AND PROPOSED
CONSTITUTION
OF THE
AFRICANUS CONSTITUTION



Chap. IV. containing the report of the Royal Commission

BY WILLIAM GRANT, M.D.

PRINTED FOR T. BARNES, 10, ST. MARK'S LANE, LONDON.

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S. P. D.

GULIELMUS GRANT, M. D.

QUANDOQIDEM vir præstantissi-
me, vita in bono publico occupata,
viæque asperæ virtutis te delectant;
hominem pro viribus laborantem, &
spicas colligentem, in eodem arvo, quo
tu magnas condidisti messas, invenisse
placuit.

Hunc pro voluntate laudasti; tuis
epistolis animasti; exemplo exci-
tasti; observationibus egregiis edocu-
isti; & ejus nomen denique immortale
reddidisti, monumento ære perenniore,
auroque sibi chariore *.

* Vid. *Dissert. de Phrenit. Doctori Grant de-
dicat.*

Accipe

DEDICATIO.

Accipe igitur gratias debitas, quas tibi agit amicus tuus agnitus, eo animo, quem tu concipere, quamvis nemo verbis exprimere queat.

Si qua fides, beatos res infimas inspicere, mutuam nostram amicitiam, ab ipso fatam, charissimo eheu! nostro Kaufmanno, gratam fore, haud dubites.

Parvam hanc dissertationem de podagra, in usum amicorum conscriptam, recognitionis publicum testimonium tibi consecro.

Deest adhuc capitulum, de podagra scilicet complicata & anomala; quod, Deo volente, insequente anno, tibi transmittere mens est.

Sis interim semperque salvus, vir præstantissime, et me erga assuetam conservas benevolentiam quæso. Vale.

Londini,
Dec. 20, 1780.

CHAP. IV.

Cardinal Fit of regular Gout.

HAVING thus considered the origin of the Gout, the means of preventing it in young people, and the simple method of curing it in constitutions not much habituated to it, nor broken by age or infirmity; I now come to consider the regular gout, of long standing, whether hereditary or contracted, *i. e.* the inveterate gout.

A man in this situation is never, for any considerable length of time, without some complaint; not, at all times, owing to the gout alone, because he is liable to many other diseases in common with the rest of mankind.

The gout, however, for the most part, increases the complaint, and is often the only disease; for as he advances in life, it becomes more and more frequent, till at length he hardly passes a day without some uneasiness, from the gout, with or without any addition from other distempers.

B

To

is relieved by heating remedies, such as the tinctures of guaiacum, the conserve of aron root and scurvy grass, and the waters of Bath : or the aromatic tincture with steel wine. I have often met with a complaint of the same nature in the bowels, which has been mistaken for, and long treated as a bilious complaint, gall-stones, &c. unsuccessfully ; and suddenly cured by a formed fit of gout.

In seven gouty patients I have met with a *dysuria*, or stoppage of water, which required the constant application of bougies ; and in four cases, at different times I attended men of a gouty habit, for a species of coloured gleet, or gonorrhæa, which I was not able to cure.

In all these cases, the deobstruent gums, and the aperient balsamics gave relief ; but the radical cure was performed, of a sudden, by a formed fit of gout. Hence I say of the gout, as Boerhaave did of the ague ; if I knew how to bring it on at pleasure, as well as I know how to moderate the violence of it, I should be able to cure many difficult diseases.

SECTION II.

Terrentia; or Symptoms immediately preceding a Fit of Gout.

FOR the detail of the symptoms preceding, or attending a regular and simple gout, there is no Author equal to Sydenham; I will therefore take him for my text-book, and occasionally introduce my own observations, in *Italic characters*, as often as they are mixed with his text.

My meaning is to confine myself to facts, and the useful parts of medicine; carefully avoiding all ostentation of learning, and matters of opinion. Indeed, to speak freely, except Sydenham, and those who have copied after him, there is no Author coincides with my Observations; in general I think their conjectures vague, and their practice not void of danger.

Now although my intention is to be as explicit as may be, yet I fear the intricacy of the subject will oblige me to use a more technical language than was required in the three former Chapters; and that the following Sheets may, for that reason, be more adapted to, and better understood by, medical practitioners, than by the generality

of gouty patients, although I take this trouble chiefly for the benefit of the latter.

But to bring it down to their level, I will divide the whole into as many short sections as there is variety of matter, to prevent confusion.

The following symptoms always precede a regular fit of simple gout, for some time before the real paroxysm. Vid. Syd. by Swan, p. 465, section 5. "The patient is
 " first afflicted with a bad digestion, crudities
 " of the stomach, much flatulency and heaviness, that gradually increase for some
 " weeks. 2. Then begins a numbness of the
 " thighs, and a sort of descent of flatulencies
 " through the fleshy parts thereof, along
 " with convulsive motions, or *cramp* of the
 " legs. 3. All these complaints abate suddenly, the appetite becomes sharp, and
 " even preternatural."

The first set of symptoms here mentioned, are the harbingers, or *terrentia* of every atrabilious fluxion: The second set, that is, the shooting pains, and nervous twitches, &c. indicate the organ to which nature seems disposed to determine the fluxion. Thus, before the peripneumonia notha they are felt in the thorax; before an atrabilious diarrhœa they are felt in the abdomen; and before a severe fit of piles they are felt in the pelvis or podex; and before a fit of
 gout

gout they are felt in the thighs and legs, or shoulders and arms: The third, or sudden abatement of all the preceding symptoms, or what Sydenham calls *sun-shine before a storm*, is common in the gout, but not peculiar to it; it is that remission which succeeds partial coction immediately before critical eruptions; but is more perceptible, and of longer duration in atrabilious cases, which are always slow in their progress, compared to the truly acute diseases.

SECTION III.

Symptoms attending the formed Paroxysm.

“ I. DURING the time of this remission, the patient eats and drinks heartily,
 “ goes to bed in good spirits, and sleeps
 “ quietly till about two in the morning,
 “ when he is awakened by pain, which
 “ usually seizes the great toe, but sometimes the heel, the calf of the leg, or
 “ ancle.

“ This pain resembles that of a dislocated
 “ bone, and is attended with a sensation as
 “ if water, just warm, was poured upon
 “ the membranes of the part affected; and
 “ these symptoms are immediately suc-

“ ceded by a chilliness, shivering, and
 “ slight fever.

“ 2. The chilliness and shivering abate,
 “ in proportion as the pain increases,
 “ which is mild in the beginning, but
 “ grows gradually more violent every hour,
 “ and comes to its height towards evening ;
 “ adapting itself to the numerous bones of
 “ the *tarsus* and *metatarsus*, the ligaments
 “ whereof it chiefly affects ; sometimes re-
 “ sembling the gnawing of a dog, some-
 “ times a weight and constriction of the
 “ membranes of the parts affected which
 “ become so exquisitely painful as not to
 “ endure the weight of the clothes, nor the
 “ shaking of the room from a person’s
 “ walking briskly therein.

“ Hence the night is not only passed in
 “ pain, but likewise with a restless removal
 “ of the part affected from one place to an-
 “ other, and a continual change of its po-
 “ sition. Nor does the perpetual restlessness
 “ of the whole body, which always accom-
 “ panies the fit, especially in the beginning,
 “ fall short of the agitation and pain of the
 “ gouty limb : Hence numberless fruitless
 “ endeavours are used to ease the pain, by
 “ continually changing the situation of the
 “ body and the part affected, which, not-
 “ withstanding, abates not till two or three
 “ in

“ in the morning ; that is, till after twenty-
 “ four hours from the first approach of the
 “ *real* fit.

“ 3. Then the patient is suddenly re-
 “ lieved, by means of a moderate digestion,
 “ and some dissipation of the peccant mat-
 “ ter ; though he falsely judges the ease to
 “ proceed from the last position of the part
 “ affected : And being now in a breathing
 “ sweat, he falls asleep ; and on waking
 “ finds the pain much abated, the part af-
 “ fected swelled, *and covered with a flush*
 “ *of redness like paint* ; whereas, in the be-
 “ ginning of the fit, there was no *redness*
 “ nor swelling, except of the veins, *which*
 “ *seem ready to burst as soon as the gouty*
 “ *pains begin, just as if the limb was liga-*
 “ *tured* ; and this is common in all gouty
 “ fits and joints.”

These are the regular symptoms of a well formed paroxysm. 1st, The rigor or chilly fit ; 2dly, the fever and hot fit ; and 3dly, the remission and critical evacuation, not only by a breathing sweat, but also by a species of eruption on the skin, and deposit of peccant matter on the proper organ ; that is, the articulations ; and this requires the most particular attention, because we have no other means of distinguishing the genuine gout from many other diseases. I have seen an erysipelas on the ankle mis-
 taken

taken for the gout; and much mischief was the consequence. The inflammatory rheumatism is mistaken for the gout, every day, among the ignorant people; and so are many other diseases.

The true idea of a regular formed gout, is that of a depuratory fever, which, in the early part of it, comes to a remission at the end of twenty-four hours; and, after many exacerbations, and as many remissions, finally terminates by an intermission, of longer or shorter continuance, according to the constitution, treatment, and other circumstances of the party.

Now let us see what happens during the continuance of the remitting fever, and before the real intermission takes place, according to the observation of Sydenham.

“ The next day, and perhaps for two or
 “ three days afterwards, if the gouty matter be copious, the part affected will be
 “ somewhat pained, and the pain increase
 “ towards evening, and remit again about
 “ break of day; *by a gentle diaphoresis, as*
 “ *at first, and so proceed to the end of the*
 “ *whole fit.*

“ In a few days *perhaps* it seizes the
 “ other foot in the same manner; and if
 “ the pain be violent in this, and that
 “ which was first seized be quite easy, the
 “ weakness thereof soon vanishes, and it
 “ becomes

“ becomes as strong and healthy as if it
 “ had never been indisposed, *the gout being*
 “ *completely translated to the other foot* ;
 “ nevertheless the gout affects the foot just
 “ seized, as it did the former, both in re-
 “ spect of the violence and duration of the
 “ pain.

“ Sometimes, when there is so copious
 “ a peccant matter, in the beginning of the
 “ fit, that one foot is unable to contain it,
 “ it affects both, at the same time, with
 “ equal violence ; but it generally attacks
 “ the feet successively, as above remarked.

“ When it has seized both feet together,
 “ the following paroxysms are irregular,
 “ both with respect to the time of seizure,
 “ and their continuance ; but the chilliness
 “ comes on, and the pain always increases
 “ in the evening, and remits in the morn-
 “ ing ; so that what we call a fit of gout,
 “ which goes *quite* off sooner or later, ac-
 “ cording to the age and other circum-
 “ stances of the patient, is made up of a
 “ number of these small fits ; for when
 “ this disease lasts two or three months, it
 “ is not to be esteemed one continued fit,
 “ but rather a series or assemblage of little
 “ fits, the last of which proves milder and
 “ shorter, till the peccant matter being
 “ *gradually concocted*, and finally expelled,
 “ *the fever intermits*, the patient recovers,
 “ and

“ *and remains well till a fresh quantity of*
 “ *gouty matter is formed and collected.* ”

“ In strong constitutions, and in such as
 “ have the gout but seldom, the duration
 “ of the whole fit is but fourteen days ;
 “ and in the aged, or such as have fre-
 “ quent returns of the disease, it lasts two
 “ months ; but in such as are much debi-
 “ litated by age, or by long duration of
 “ the distemper, it does not go quite off
 “ till summer advances, which drives it
 “ away. ”

“ During the first fourteen days the
 “ urine is high coloured, and, after separa-
 “ tion, lets fall a kind of red gravelly se-
 “ diment ; and not above a third part of
 “ the liquids taken in is voided by urine ;
 “ and the body is generally costive during
 “ this time. ”

“ The fit is accompanied throughout
 “ with loss of appetite, chilliness of the
 “ whole body towards the evening, and an
 “ heaviness and uneasiness even of those
 “ parts that are not affected by the disease,
 “ which does not go off till the remission
 “ comes on towards morning, *as in other*
 “ *depuratory and remitting fevers, of every*
 “ *kind.* ”

Here then, by the assistance of Syden-
 ham, I have given an accurate account of
 the beginning and progress of a formed fit
 of

of single gout, copied from nature, and nearly the same in all subjects, so long as the gout continues regular; which must be much attended to, because every deviation from it is an error, arising from a defect in the constitution, the wrong use of the six *non-naturals*, or the symptoms of some other disease complicated with the gout, as I shall more fully explain in the next chapter.

It is a genuine history of a remitting depuratory fever, *sui generis*, which comes at certain seasons of the year, to the great relief and advantage of those people who, by heritage or intemperance, have contracted that species of the atrabilious constitution, to which I have given the name of the *temperamentum podagricum*.

The people of this temperament are apt to generate a particular kind of peccant matter, that occasions a great variety of tormenting symptoms, which, for aught we know, cannot be carried off with so much propriety and advantage as by that depuratory fever called a fit of gout.

To prevent the formation of this peccant matter, is very proper, and, in my opinion, very practicable, when seasonably and properly attended to; but after the matter is already generated, and floating in the habit, I do not approve of endeavouring forcibly to prevent the fit; the only
certain

certain means of concocting and expelling this acrid and deleterious morbid lentor.

I shall therefore say very little about curing, or even shortening, a regular, well formed fit of single gout; but, for the satisfaction of my numerous gouty friends, I will tell them how to conduct it, so as to render it bearable, and effectual for the purpose of restoring and preserving good health.

After the morbid matter has been concocted and expelled by a proper fit, then indeed much may be done to lengthen the intervals, and restore the injured parts, so as, in a course of years, to conquer the whole disease; at any rate to render the fits less frequent, shorter, and more effectual for the salutary purposes of nature.

To follow, however, the history of the disease, the first thing to be considered is the *terrentia morbis*, the harbingers (with which gouty people are well acquainted) that always precede a fit of gout, and seldom go off without it.

SECTION

SECTION IV.

Terrentia; what agrees and disagrees with them.

IF a person, who never had the gout, is seized with symptoms similar to those which commonly precede a fit of gout, he certainly ought to carry off the offending matter, by such medicines as are known to evacuate black bile, and so prevent cough, piles, or gout, as I have said in the chapter on the atrabilious constitution, in the First Volume of my Observations on Fevers.

But it is quite otherwise with one long accustomed to have regular returns of formed gout, at certain seasons of the year, to depurate his constitution; some alteration, and perhaps some reduction of his usual diet, is all he can with safety do; for rough evacuations, in such cases, are found extremely injurious; and this we know, from experience founded on facts, still recent in the memory of many people*.

“ I proceed now to the cure, says Sydenham, page 473, section 20; in treating

* Who are ready to say, *Quæque ipse miserrima vidi, & quorum pars magna fui.*

“ of which, I shall first take notice of such
 “ things as are to be omitted.

“ Now in this disease, if regard be had
 “ to the humours, and the indigestion occasioning them, it should seem, at first
 “ view, that the curative indications should
 “ principally tend, 1st, to evacuate humours already generated; and, 2dly, to
 “ strengthen the constitution, or digestive powers, so as to prevent the accumulation of other humours; these being the
 “ usual intentions to be answered in most
 “ other humoural diseases.

“ But nevertheless, in the gout, nature
 “ seems to have the prerogative to expel
 “ the peccant matter according to its own
 “ method, and throw it off *partly* upon
 “ the joints, there to be carried off by insensible perspiration. Now there are
 “ only three ways proposed of expelling
 “ the morbid matter of the gout; namely,
 “ 1st, bleeding; 2dly, purging; and 3dly,
 “ sweating; but none of these will ever
 “ answer the end.

Bleeding improper.

“ Though bleeding bids fair for evacuating the humours immediately to be
 “ translated, as well as those already fixed
 “ in

“ in the joints, yet it manifestly clashes
 “ with that indication, which the antecede-
 “ dent cause, *indigestion*, arising from a
 “ depravity or paucity of the spirits, de-
 “ mands, which bleeding further weakens
 “ and diminishes ; and for this reason it is
 “ not to be used either by way of prevent-
 “ ing an approaching, or easing a present
 “ fit, especially in the aged ; for though
 “ the blood that is taken away generally
 “ resembles pleuretic or rheumatic blood,
 “ yet bleeding is found to do as much mis-
 “ chief in this disease as it does good in
 “ those.

“ Bleeding in the intervals, though long
 “ after the paroxysm, is apt to occasion a
 “ fresh fit, by the agitation of the blood
 “ and juices, which may continue longer,
 “ and be attended with more violent symp-
 “ toms than the former ; the strength of
 “ the blood being impaired thereby, by
 “ means whereof the morbid matter should
 “ have been powerfully and constantly ex-
 “ pelled. This inconvenience always hap-
 “ pens from bleeding in the beginning of
 “ a fit ; and if it is used immediately after a
 “ fit, there is a great danger of debilitating
 “ nature so much, as to make way for a
 “ dropsy, or *apoplexy*.”

After all that Sydenham has said, whe-
 ther bleeding is, or is not proper in gouty
 C cases,

cases, has been much disputed; because many have imagined, that so much heat and pain could arise from no other cause but inflammation; the appearance also of lusty people, the big belly, and purple countenance, are apt to deceive. These indeed indicate repletion, but it is of gross humours, and not of red blood. The young, healthy, thin people are much more liable to true inflammation, and bear bleeding better than the atrabilious constitutions.

When Frederick Hofman says, that cupping the feet every third month had procured a good deal of relief to himself, and some of his gouty friends, he seems not to have adverted to the effect of the regimen he used at the same time, which was quite sufficient to procure all the relief he mentions, without the aid of cupping.

By the idea I have given of the first formation of the *temperamentum podagricum*, the overgrown liver, *omentum*, &c. and the surcharge of atrabilious pituite in the cellular membrane, these never can be discharged through the open orifice of the vein, nor at all removed till coction takes place; till the foul are separated from the sound juices; in which operation bleeding can have no effect, but in the cases hereafter mentioned, as exceptions to the general rule.

No man ever used the lancet with greater freedom than Sydenham, in most cases; but an experience of thirty-six years, in himself and many others, at last convinced him of the impropriety of bleeding in the gout, unless attended with unequivocal symptoms of real inflammation, not arising from the gout, but other circumstances of the patient. His words are: "Never-
 " theless, says he, if the patient be young,
 " and overheated by hard drinking, a vein
 " may be opened in the beginning of the
 " fit."

In all cases, if a patient is seized with the pathognomonic symptoms of genuine inflammation, he must not only be blooded, but be treated as if he had no gout, till the inflammation subsides; without which he is in danger of dying very soon. But this bleeding, and antiphlogistic regimen, is not instituted to take away gouty matter, nor to retard the formation of a fit; on the contrary, I have always found, that as soon as the inflammation was reduced to a certain degree, nature seemed relieved, coction took place, the morbid matter was separated from the sound humours, and all the secretions were restored; then the gouty matter became turgid, and was deposited in the proper places, and finally evacuated by

C 2

a fit;

a fit; of which I have given some instances in the first chapter of this Essay.

Sometimes it is difficult to distinguish the pain of simple gout from that of true inflammation; it is therefore necessary to be well informed, whether the patient is subject to an inveterate gout; whether it is the season of his fit of gout; whether there were not gouty *terrentia* before the attack; whether they did not subside, and were succeeded by a ravenous appetite before the attack: under such circumstances it is reasonable to believe, that the pain is gouty; and if in the extremities, no blood ought to be taken, for the purpose of easing that pain, which is rather salutary than dangerous in all gouty habits.

But if the pain is very violent, without any remission, and seizes an internal organ, with many other symptoms of plethora and inflammation, then some blood ought to be taken; as nothing is so apt to change the seat of the pain, even of gout, as one proper, seasonable bleeding: and for this very reason, when the pain is already in the extremities, no blood should be taken, for fear of altering the seat of the gout to some internal place.

“But,” says Sydenham, “if bleeding is
 “used in all the succeeding fits, in order
 “to moderate the pain of the gouty *phleg-*
 “*monoides*,

“ *monoides*, it will soon render the gout
 “ inveterate, even in youth, and cause it
 “ to spread more universally in a few years,
 “ than it otherwise would have done in
 “ many.”

When Sydenham, from long experience and accurate observation, had settled this matter, it was very daring to begin an opposite practice: this, however, was done here; and the bad success only served to confirm the truth of Sydenham's observations.

A gouty patient of mine, some years ago, was promised a perfect cure, by a gentleman who did not understand what he undertook to perform. He begun his cure by a sudden reduction of diet; then some rough purges: as soon as the *terrentia* came on, he ordered a considerable quantity of blood to be taken.

In two days, the symptoms still continuing, the bleeding was repeated: by those means the fit of gout was prevented; but a fit of apoplexy came on, which cut off the poor patient in a few hours. Such are the effects of theory, when not founded on solid observation.

The general rule then is, that the gout, in its own nature, does not require bleeding, nor agree with repeated bleeding; but that an inflammation may arise, in

some gouty habits, so violent as to require bleeding, and an antiphlogistic regimen, to a certain degree, for a few days.

Having thus discussed the propriety and impropriety of bleeding in gouty habits, we next proceed to consider the effects of vomiting and purging, as evacuations of gouty matter: and as this is of the utmost importance, it deserves a complete discussion; for which reason I will copy, at full length, what Sydenham and Cheyne have said on the subject, and then add my own observations.

Vomits and Purges improper.

“ With respect to vomiting and purging,” says Sydenham, “ it should be noted, that as it is a fixt law of nature, and interwoven with the essence of this disease, that a part of the morbid matter thereof ought always to be translated to the joints, emetics and cathartics will only invite the whole matter back into the blood, which was thrown by nature upon the extremities; and hence what ought to be thrown upon the joints, hurries perhaps to some of the viscera, and so endangers the life of the patient, who was quite safe before.

“ And

“ And this has often been observed to
 “ prove fatal to those who have ordinarily
 “ had recourse to purging by way of pre-
 “ vention ; or, which is worse, to ease the
 “ pain in the fit ; for when nature is pre-
 “ vented, by purging, from her usual safest
 “ and best manner of translating the mor-
 “ bific matter to the joints, and the hu-
 “ mours are forced inwards upon the
 “ bowels ; then, instead of pain in the
 “ joints, which is either slight, or perhaps
 “ none at all, the patient is almost destroyed
 “ by sickness, gripings, faintings, and a
 “ numerous train of irregular symptoms.

“ For my own part, I am abundantly
 “ convinced, from much experience, that
 “ purging, either with mild or strong ca-
 “ thartics, such as are given to purge the
 “ joints, proves very prejudicial, whether
 “ it be given in the fit to lessen the mor-
 “ bid matter ; or in its declension, to carry
 “ off the remainder ; or in a perfect inter-
 “ mission, to prevent an approaching fit :
 “ for I have learnt, at my own peril, as
 “ well as that of others, that purgatives
 “ exhibited at any of those times, have,
 “ instead of doing service, hastened the
 “ mischief they were intended to prevent.

“ Purging, therefore, during the fit, by
 “ disturbing nature when she is separating
 “ the gouty matter, and throwing it upon

“ the joints, does sometimes eminently
 “ disturb the spirits, which renders the fit
 “ more violent, and likewise endangers the
 “ life of the patient.

“ Purgatives, administered at the end
 “ of a fit, instead of expelling the remains
 “ of the disease, occasion a fresh fit, as
 “ severe as the former; and thus the pa-
 “ tient being deceived by fruitless hopes,
 “ brings those evils upon himself, which
 “ he had escaped, if the humours had not
 “ been exasperated afresh. And this in-
 “ convenience I myself often experienced,
 “ after having had recourse to medicine to
 “ expel what I esteemed the remains of the
 “ distemper.

“ As to purging at certain times in the
 “ intervals by way of prevention, though
 “ it must be owned that there is not so
 “ much danger of occasioning a fresh fit,
 “ as in the instance just mentioned, the
 “ patient in that case not being perfectly
 “ recovered; yet even at this time it is
 “ productive of a fit, for the reasons above
 “ specified; and though, perhaps, it may
 “ not come on immediately, the disease
 “ nevertheless will not go off entirely by
 “ taking any purge constantly at proper
 “ intervals. For I have known some gouty
 “ persons, who, to recover their health,
 “ not only purged spring and fall, but
 “ monthly,

“ monthly, and even weekly, and yet none
 “ of them escaped the gout; which affected
 “ them more severely afterwards, and was
 “ accompanied with more violent symp-
 “ toms, than if they had totally forbore
 “ medicine: for though much purging
 “ might carry off a part of the gouty mat-
 “ ter, yet as it does not at all contribute
 “ to strengthen the constitution, but rather
 “ weakens it, and injures nature afresh, it
 “ only strikes at one cause, and is by no
 “ means adequate to the cure of the dis-
 “ temper.

“ To these observations must be added,
 “ that the same paucity of spirits which
 “ hurts the concoctions in gouty subjects,
 “ renders their spirits weak and languid;
 “ so that they are soon disturbed by any
 “ cause which considerably hurries the body
 “ or mind, and consequently are very vo-
 “ latile and dissipable, as they frequently
 “ are in hysteric and hypochondriacal pa-
 “ tients. From this tendency to irregular
 “ motion, it happens that the gout follows
 “ the slightest evacuations; for the tone
 “ of the parts being destroyed, which the
 “ firmness of the nerves, so long as they
 “ continue strong, preserves unrelaxed and
 “ healthy, the peccant matter moves with-
 “ out interruption; and from this mischief

“ done to the body, a fit arises in a short
“ time.

“ Notwithstanding this method is so very
“ pernicious, yet there have been empirics,
“ who have acquired a great character by
“ cunningly concealing the cathartic they
“ used in this case; for it must be noted,
“ that whilst the medicine operates, the
“ patient feels no pain at all, or but a slight
“ one; and if a course of purgatives be
“ continued for some days, without the
“ intervention of a recent fit, the present
“ fit will soon go off; but the patient will
“ suffer greatly afterwards, by the sudden
“ tumult occasioned by this agitation of
“ the humours.”

So clear and positive evidence, from so accurate and faithful an observer as Sydenham, made such an impression on gouty people and regular practitioners, that the gout was left to patience and flannel for many years. Such was the situation of things in this country, when Dr. Cheyne ventured to treat the gout according to art; and although he was not, at all times, able to cure the gout, yet by proper diet, exercise, and a few remedies, he was able to procure great relief, and prevent many of those miseries, which this disease, left to nature, always produces.

“ Sydenham,”

“ Sydenham,” says Cheyne, in his Treatise on the Gout, p. 22. “ otherwise a most accurate observer of nature, and a most judicious practitioner, has been the occasion, I think, of a great mistake in the management of the gout, by forbidding almost all evacuations, either in the fit, or in the intervals, for fear of weakening the constitution.

“ There are two seasons, to wit, spring and fall, when the periodical fits of regular gouts commonly happen, which I consider as cardinal and critical discharges, under general and mechanical influences, for purifying the blood, and discharging the gouty salts: in these nature is no more to be disturbed (I mean as to purging) than in the monthly purgations of the sex; at that time, however, a constant, uniform, gentle perspiration may be promoted, not only with safety, but with great advantage to the sick.

“ But in the slight, flying touches of the gout, out of these seasons, and in the intervals of the fits, gentle, warm, stomachic purges will be an excellent remedy to send these a-going, to lessen the real fits, and lengthen the intervals.

“ A person out of the pain and inflammation of the fits, and in their intervals (except his natural disposition to breed
“ another

“ another fit) is, to all intentions of medicine, the same as a well person; wherefore the general and direct methods of relieving the gout are, in the fits a gentle, uniform, continued perspiration, or breathing sweat; and in the intervals, labour, exercise, *regimen*, and gentle, stomatic purges.”

For many years I have attended to the effect of evacuations in gouty people, and I am certain that the best way of emptying them is by abstemious diet, and hard exercise. By these means persisted in during the intervals, we are able to prevent adding fresh fuel to the fire; what may remain after a fit is more easily concocted, and more readily expelled; by these means the fibres preserve their tone, and the organs their natural functions; so that a person living as all gouty people ought, will not require much purging in the intervals, and still less in the fits of regular gout; which will gradually become less frequent, more regular, brisk, effectual, and of shorter duration: but gouty persons, living as people of opulence generally do in this country, must collect much gouty matter in the intervals; the whole habit becomes loaded, the fibres relaxed, the organs soft and enlarged; the fits irregular, languid and protracted, and seldom effectual in clearing the

the constitution: In such indeed Cheyne's method is often required, and by a skilful use of it, some advantage, and much relief may be expected; for Cheyne is in the right when he says, that a person out of the pain and inflammation of the fits, or in their intervals (except his natural disposition to breed another fit), is, to all the intentions of medicine, the same as a well person. But more of this in the next Chapter, when we come to consider the complicated gout; or the gout mixed with other diseases.

Forced Sweats hurtful.

At present I will go on, with Sydenham, to consider the effects of forcing sweat, to carry off the peccant matter by the skin, during the *terrentia*; or in the fit of regular and single gout, viz. Syden. p. 477. sec. 26.

“ Finally, the carrying off the peccant
 “ matter by sweat is manifestly prejudicial,
 “ though in a less degree than either bleeding
 “ or purging; for though it does not repel
 “ the morbid matter to the *viscera*, but
 “ contrariwise, propel it into the habit, it is,
 “ notwithstanding, detrimental for these
 “ reasons:

“ First, during the intervals of the fit it
 “ forces the humours which are as yet
 “ crude, and not fitted for a due separation,
 “ upon

“ upon the limbs, and thus occasions a fit
 “ before its time, and in opposition to na-
 “ ture. 2dly, The forcing a sweat in the
 “ fit throws and fixes the matter too pow-
 “ erfully upon the part affected, at the same
 “ time occasioning intolerable pain; and if
 “ there be a greater quantity thereof than
 “ can be received by the part affected, it
 “ immediately throws it upon some other
 “ parts, and thus raises a violent ebullition
 “ of the blood and other juices: and if the
 “ body abounds considerably with a serous
 “ matter generative of the gout, an apo-
 “ plexy is hereby endangered. *An indi-*
 “ *gestion may do the same.* Hence there-
 “ fore it is very dangerous in this, as in
 “ most other diseases, to force out a sweat
 “ by violence, or beyond that degree of
 “ concoction, which the humours to be
 “ carried off have spontaneously acquired.
 “ The excellent aphorism of Hippocrates,
 “ intimating that concocted and not crude
 “ matters are to be evacuated, relates to
 “ sweating as well as purging; as appears
 “ manifestly from that sweat which ordi-
 “ narily terminates the paroxysm of inter-
 “ mittents; this, if moderate, and propor-
 “ tioned to the quantity of febrile matter
 “ concocted by the preceding fit, relieves
 “ the patient considerably; but if it be
 “ promoted beyond the limits prescribed by
 “ nature,

“ nature, by keeping the patient constantly
 “ in bed, a continued fever thence arises,
 “ and instead of extinguishing the former
 “ heat a new one is kindled.

“ So in the gout, the gentle breathing
 “ sweat that generally comes on spontane-
 “ ously in the morning after each of the
 “ small fits, of which, as I have before ob-
 “ served, the cardinal fit is composed, eases
 “ the pain and restlessness that tormented
 “ the patient so much in the night ; but
 “ contrariwise, if this gentle moisture, which
 “ is naturally of a short duration, be vio-
 “ lently forced, and continued longer than
 “ the quantity of the concocted morbid
 “ matter requires, the disease is thereby
 “ increased.

“ In this therefore, and all other diseases
 “ that I have met with, excepting only the
 “ plague, it is nature’s province, more than
 “ the physician’s, to excite sweat, as we
 “ cannot possibly learn how much matter
 “ is already prepared for such a separation ;
 “ nor consequently what method is to be
 “ taken to promote sweat *with advantage.*”

In the Chapter on the *Angina Maligna*,
 which Sydenham never saw, and afterwards
 in the Essay on the Pestilential Fever, I have
 explained the effect of forcing a sweat ; and
 given several observations to determine the
 diseases in which this practice is salutary ;
 the

the degree to which it may be carried with advantage; when and how it ought be altered; and what is proper to be done immediately after such a salutary sweat. But in the gout I never saw much advantage from forcing sweat, or even promoting it to a very great degree: I have however seen many cases in which cordial medicines, strong wine, and even spirituous liquors, were required; but that was in irregular gouts. The matter of the gout requires long coccion, as appears by the long duration of the *terrentia*, and even of the fits; and although some part of it may be subtile and volatile, the greater part is gross, saline and viscous, as is evident by looking on the gross, atrabilious habits who are the most liable to it.

Venery hurtful.

There is another evacuation which deserves the consideration of gouty people, I mean venery; here again Sydenham gives my idea very nearly, viz. p. 477, sec. 51. “ With respect to venery,” says he, “ if the
 “ gouty person be in years, and so destitute
 “ of a sufficient share of spirits to promote
 “ the digestions, and the solid parts consequently too much debilitated and relaxed,
 “ without any assistant from this destructive
 “ quarter; in this case, I say, it is as imprudent

“ prudent for such a man, in my opinion,
 “ to indulge those pleasures, as it would
 “ be for a person, after having engaged to
 “ go a long journey, to spend all his stock
 “ of provisions before setting out. More-
 “ over, besides the mischief he does himself
 “ for want of restraining the languid in-
 “ clinations of declining old age, he loses
 “ the great privilege of enjoying that ex-
 “ quisite satisfaction which by the particular
 “ indulgence of nature, is reserved for the
 “ aged only; who, towards the period of
 “ their lives, are freed from the violence of
 “ those passions, which, like so many savage
 “ beasts, preyed upon them perpetually in
 “ youth; the gratification of them being
 “ by no means an equivalent for the long
 “ train of evils, which either accompany or
 “ follow it.”

The regulating this evacuation deserves
 more attention than is commonly paid to it;
 it is a secretion and excretion necessary for
 the health of men and women, according to
 their particular constitutions and time of
 life. Soon after fifty, in the generality of
 both sexes, natural vigour decreases, and
 desire will keep pace with it, if not kept up
 by habit or foolish practices. The desire
 that arises from natural vigour only ought
 to be gratified; it does not depress, but ex-
 hilarates the spirits; it will not retard, but

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promote

promote digestion, and all the salutary secretions and excretions. And this is the criterion : every evacuation that refreshes is salutary ; and on the contrary, what depresses the spirits is improper : but if a man, long after the decline of life, should irritate his desires by connecting himself with a young woman, or with a variety of women, or, what is still worse, use such external and internal provocatives as are practised in great cities ; then indeed he may expect some of the worst nervous symptoms, of which I have seen instances ; watchfulness, loss of appetite, loss of sight, *memory*, &c.

SECTION V.

A Digression.

IN considering all that Sydenham has said on the subject of evacuations in gouty habits, it appears to me, that in the early part of life, he had treated the gout according to the symptoms thereof, as he had done other depuratory, humorrhoidal fevers, by bleeding, vomiting, purging and sweating. But after many trials, and finding that his endeavours to cure, or even to procure relief, had only served to exasperate the whole disease ; he rightly concluded that the gout, although it was a remitting,

I depu-

depuratory fever, yet it was *sui generis*, and very different from all the other fevers he had seen.

This naturally led him into a digression on fevers in general, by way of contrast; dividing the whole into three great classes: that is, in my language, the common fevers; the fevers from contagion; and the fevers that come at the end of a chronic disease. The fevers from contagion have very short *terrentia*; the natural common fevers have *terrentia* of some days; but the last class have *terrentia* of weeks, nay months, which do not threaten immediate danger; till at last the offending matter becomes acrid, and irritates to such a degree, that a fever is brought on, and nature is obliged to summon all her powers, and bring the whole to a final issue by one violent effort.

Now it is evident, that to produce a fever there must be an irritating cause; and the degree of fever will depend partly on the quantity and quality of that cause; partly on the nature and number of the parts stimulated; partly on the constitution and natural irritability of the patient; partly on his general state of health at the time of applying the stimulus; and many other circumstances that may take place at that time; so that the same cause may occasion a great variety of fever in different people, or in the same person at different times. Hence a much

greater number of names have been given to fevers, than there are real *Genera* of them existing. I have seen all the fevers mentioned by observators, except the plague; and they may all be comprehended under one or other of these three classes mentioned by Sydenham in this short digression from the subject of the gout.

The first class comprehends all those fevers which arise from the sensible qualities of the air, and those alterations which are produced by the change of the seasons, every year, in regular succession. These I call the common fevers; Sydenham calls them intercurrent, as affecting particular persons only; and also sporadic, as being scattered all over the kingdom at the same season: of them I have given a short discussion in the first volume of my Observations.

The second contains all the fevers arising from contagion. In the second and third volumes of my Observations, I have given a short discussion of such of them, as, in my opinion, had not been completely discussed by others. These Sydenham called epidemic, because, in the quarter where any of them breaks out, as far as the contagion spreads, it lays hold of whole families together; whilst the fever of the season in the same quarter, is to be seen in some few persons only, that is sporadic, so long as the contagion rages.

The

The third class contains such fevers as arise from, and are preceded by, a tedious state of bad health, like long *terrentia*; one is neither well, nor very ill, for a considerable length of time; till at last the constitution undergoes an alteration; morbid matter is accumulated, and some sort of fever becomes absolutely necessary to prevent a total destruction.

“ But, says Sydenham, p. 484. sec. 36.
 “ chronic diseases, *if not hereditary*, com-
 “ monly originate from an indigestion
 “ of the humours. For when the *stamina*
 “ *vitæ* are much debilitated, and in a man-
 “ ner worn out either by age, or by re-
 “ markable and continual irregularities in
 “ the use of the six *non-naturals*, especially
 “ with relation to food and drink; or if
 “ the secretory vessels be so far weakened,
 “ as to be no longer able to perform their
 “ appointed offices of cleansing the blood,
 “ and carrying off its superfluities; in all
 “ these cases, a greater quantity of humours
 “ being collected in the body than can be
 “ digested by the strength of nature, these,
 “ by long continuance in the vessels, un-
 “ dergo various fermentations and putre-
 “ factions; and at length appear in a *spe-*
 “ *cies*, occasioning different diseases, accord-
 “ ing as they are variously vitiated or de-
 “ praved. And as these vitiated juices
 “ differ from one another, so they fall

“ upon the particular part that is best fitted
 “ to receive them; and there they gradually
 “ manifest those numerous symptoms,
 “ which ordinarily proceed, partly from
 “ the nature of such juices, and partly
 “ from the irregular motions excited in the
 “ parts affected; both which, in conjunction,
 “ constitute that irregularity of nature,
 “ which is characterised with the name of
 “ some disease, and attended *with symptoms*
 “ *peculiar to it.*

“ Hence, *cæteris paribus*, old people are
 “ most liable to this class of diseases; *and*
 “ *require less food, longer fasting, and more*
 “ *regular exercise than young people: Hence*
 “ *people of a sedentary life require less*
 “ *food, longer fasting, warmer restoratives,*
 “ *and shorter sleeps than labouring active*
 “ *people: Hence damp weather, and the*
 “ winter season, is most apt to create those
 “ morbid collections; although the effects
 “ of them are not always felt before the
 “ approach of spring.”

But when the gout becomes inveterate,
 the gouty pains begin as soon as the weather
 becomes cold, and continue the whole
 winter: still, however, every real fit is preceded
 by a disorder of the stomach, and those
 other symptoms of an atrabilious constitution,
 to which I give the name of the *ter-*
rentia febris podagricæ.

The

The chronic distemper, then, is the original cause of all ; by it the morbid matter is fabricated ; that matter collected, and much vitiated, produces the *terrentia* ; and the fit, or fever, is only the necessary consequence, and indeed I may say, the only cure of those *terrentia* ; for after the gouty matter is fabricated and collected to that degree, so as to produce the *terrentia*, we do not find that the use of other evacuations is salutary, nor quite adequate, without a fit. But before I proceed to the special method of treating the *terrentia*, I must discuss the use and abuse of strong liquors, and milk diet, in the generality of gouty people.

SECTION VI.

Strong Liquors.

“ GOUTY persons, says Sydenham, p.
 “ 492, sec. 47, should make it a rule, to drink
 “ such liquors as will not inebriate if drank
 “ in a large quantity, or injure the stomach
 “ by their chilness ; of this kind, as I before
 “ hinted, is our common small beer ; and
 “ in all other countries a similar liquor may
 “ be prepared by diluting wine well with
 “ water. As to water alone, I esteem it
 “ crude and pernicious, *to such as have*
 D 4 “ *been*

“ *been accustomed to very strong liquors, and*
 “ have found it so to my cost ; but young
 “ persons may drink it with safety ; and it
 “ is at this day the common drink of the
 “ greatest part of mankind, who are hap-
 “ pier in their poverty, than we with all
 “ our luxury and abundance.

“ This is confirmed by the great num-
 “ ber of diseases with which we are afflicted
 “ upon this account, as the stone, gout,
 “ apoplexy, palsy, &c. besides the injury
 “ done to the mind, in being drove from
 “ its natural rectitude by the disturbance
 “ which the fiery spirits of such liquors,
 “ together with the animal spirits which as-
 “ sist the thinking powers, occasion ; by
 “ volatilizing the mind too much, and sug-
 “ gesting vain and idle notions, instead of
 “ solid and weighty reasonings ; and thus
 “ at length rendering us drolls and buffoons
 “ instead of wise men ; between which the
 “ difference is almost as great, as between
 “ substance and a shadow *.

The

* This idea of volatilizing the thinking faculties, by the abuse of spirituous liquors, brings to my remembrance what I have observed among the modern riotous wine-bibbers ; who, by talking blasphemy and treason, have passed for men of wit and understanding among their ignorant, profane companions and abettors ; but on serious examination, were only the volatile, thoughtless sons of intoxication.

In

The daily and constant use of strong liquors as a part of diet, is certainly very pernicious; whereas, if they were used as medicine only, they might be of great service on many occasions, skilfully and properly administered, according to the exigency of the case; which advantage is chiefly lost by the continual use of them, even in moderation.

But it must be noted, that custom is a second nature, and quick transitions will not

In religion they are ill informed, prophane and blasphemous; in morality, profligate and abandoned, without shame, honour or truth; without reverence to God, and destitute of love or gratitude to either man or woman, and of every principle that ought to influence or direct the conduct of a rational, thinking person. In the management of their own affairs, they are disorderly spendthrifts, and soon become desperate gamblers and swindlers, being deprived of property, credit, or resource. Their toothless, bloated countenances mark the diseased state of their rotten carcases; reduced to a stinking mass of corruption, even before death. In short, as they are the most prating, noisy, impudent, and assuming, so they are the most truly despicable, worthless, diseased and wretched of all living creatures.

Such are the riotous drunkards among the gentry of this age; but among the lower sort of people, I may venture to say, that almost all the crimes committed every day, are only the effects of the abuse of spirituous liquors; and very much of the diseases and misery of the poor people arise from the same cause, besides the destruction occasioned among poor women and their offspring! I wish there was no strong drink in all this kingdom.

agree

agree with weak or worn constitutions. In these, all alterations must be made gradually, and with much circumspection, always attending carefully to the *juvantia* and *lædētia*, according to the great variety of constitutions.

SECTION VII.

Milk Diet.

“ A MILK DIET, says Sydenham, p.
 “ 4⁸⁹, sec. 45. or the drinking of milk,
 “ either as it comes from the cow, or boiled,
 “ without adding any thing to it, except
 “ perhaps a piece of bread once a day, hath
 “ been much used these twenty years past,
 “ and hath done more service in abundance of gouty subjects, whilst they persisted in it exactly, than all other kinds of remedies: But upon quitting it, and returning to the ordinary way of living of healthy persons, though they used the mildest and slenderest diet, the gout immediately returned with more violence than ever; for as this regimen weakens the constitution, the patient cannot so well struggle with the distemper; whence of course it proves more dangerous and lasting.

“ Whoever

“ Whoever therefore intends to pursue
 “ this regimen, ought before-hand to con-
 “ sider maturely, whether he be able to
 “ persevere in it for life; which perhaps
 “ he may find too much for him, though
 “ he should be a person of great resolution:
 “ For I knew a nobleman, who, after liv-
 “ ing a whole year on milk only with much
 “ pleasure, during which time he had one
 “ or more motions every day, was con-
 “ strained to leave it off, because he grew
 “ costive on a sudden, the temper of his
 “ body altered, and his stomach at length
 “ nauseated milk, though he had still a
 “ liking to it.

“ Again it is observable, that some hy-
 “ pochondriac persons, of a gross habit of
 “ body, or those who have been long used
 “ to drink spirituous liquors freely, cannot
 “ bear milk; especially *if they are fat,*
 “ *bloated, bilious, or subject to violent in-*
 “ *flammations.*

“ Further, the short and fleeting benefit
 “ which those who can bear milk receive
 “ from this regimen, is not only derivable
 “ from its exceeding simplicity (whence I
 “ doubt not but water-gruel may have the
 “ same effect, provided the stomach will
 “ bear it), but from its rendering the blood
 “ softer and smoother, by blunting the
 “ sharp particles contained in the mass:
 “ And

“ And moreover, which I esteem the prin-
 “ cipal thing, milk being an aliment abso-
 “ lutely unfit for grown persons, represses
 “ that turgescence or plenitude of the hu-
 “ mours which occasions the gout ; and for
 “ this reason, the few with whom it agrees
 “ escape this disease so long as they live
 “ upon milk only, but no longer.

“ For as it runs directly counter to the
 “ original cause of the gout, which is the
 “ debility of the digestions and fermenta-
 “ tions ; it does much more mischief in
 “ this respect, than benefit in the other ;
 “ And for want of attending sufficiently to
 “ this particular, some inconsiderate persons
 “ have fallen into gross and manifestly fa-
 “ tal errors ; having, by attempting to
 “ conquer the containing cause of the dis-
 “ ease, namely, the heat and acrimony of
 “ the humours, destroyed the digestions,
 “ and all the natural functions.”

If a French anatomist, or a German che-
 mist, had told me that new milk was an im-
 proper diet, even for gouty people, I should
 have answered them by repeating the old
 adage, *optimus anatomicus, optimus chemicus,*
peffimus medicus : Because I know that the
 gentlemen who expect to investigate the
 nature and cure of diseases by those arts,
 are often mistaken themselves, and apt to
 mislead others : But Sydenham’s mode of
 investi-

investigation was very different; he depended on nothing but observation and matters of fact; in which he has been so successful, that when he is pointed and positive, as in the present case, I always find his observations well-founded. The fact then is, That new milk, boiled or unboiled, is, in general, an improper *constant diet* for people ill of an inveterate gout; and indeed when we consider the nature of new milk from the cow, there are many plain reasons why it should. New milk contains a certain portion of animal fat; a considerable portion of animal, coagulable lymph; a large portion of water; and a quantity of saccharine vegetable salt, sufficient to unite the whole into a smooth, white, delicious liquor.

By the well-known operation of churning, the fat, or butter, is easily separated from the milk; and being kept, becomes sooner, and more considerably rank, than vegetable oils; hence I call it animal fat, not unlike suet. By rennet, or indeed simple keeping, the lymph coagulates; and being separated from the whey, and exposed to the air, it becomes putrid like blood; and therefore I call it animal lymph; for I know of no vegetable fluid that will coagulate, and afterwards putrify in the same manner as cheese does.

The

The residuum or whey, is a mixture of sugar and water ; I mean the whey of butter milk ; for the whey of new milk contains very much of the oily part : this liquor being exposed to the warm air, goes into a vinous, and soon after into a vinegar fermentation, like the juice of vegetables.

New milk, then, is a mixture of animal and vegetable substances, containing every species of nourishment, especially a considerable quantity of coagulable lymph, of the same nature with the white of egg, or serum of blood ; from which, *we believe*, nutrition is chiefly fabricated in the living animal : for the most common idea of nutrition is, that the food is digested into a thin pulp containing an imperfect milk, which being absorbed by the lacteal vessels, the remainder is evacuated in the form of *fæces* : But the imperfect milk, or *chyle*, being mixed with much animalized juices, and carried into the blood, is first converted into real, coagulable milk, then into pure serum, and finally into red blood, or solid fiber ; while the *residuum* of every operation is continually drained off through different strainers, and for different purposes ; till some part being rendered quite useless, or even offensive to the animal œconomy, it is expelled through the various excretories fitted for the purpose.

New

New milk then, considered as diet, is half animalized ; is neither acid nor alkaline, neither septic nor antiseptic ; phlogistic nor antiphlogistic ; but a substantial, simple nourishment. It seems that, as nature intended water for the common drink of all animals, so milk is intended as a *pabulum universale* for all animals, so long as they keep health, and take proper exercise ; for a person who lives on new milk requires much exercise, as may be seen by observing the sucking animals ; who are more spirited, playful, and active than any other, and require much and constant motion ; else they soon become diseased.

But as soon as an animal becomes sickly, unable or unwilling to take hard exercise, then new milk is too rich a diet ; for that which is most proper for an active, healthy person, must be improper for a sickly, unactive one : Hence the reason why new milk disagrees with the generality of gouty people ; because they often depend on the diet alone, and neglect the hard exercise equally essential. The difference of temperament must also be taken into the account ; for all gouty people are not exactly of the same natural temperament ; the former diseases, the sort of gout, and even the different stages of it, must be considered ; the *terrentia*, beginning, state, decline, and termination.

Sup-

Suppose a person subject to inflammation, new milk would encrease the fizy lentor ; but take away the coagulum, and the whey will answer every purpose, till the danger from inflammation is removed.

Suppose a man bloated, fat, and bilious ; to make milk agree with him, you must take away both the butter and curd ; and give him only the whey of skimmed milk, or of butter-milk, till the bile is corrected, or evacuated.

But suppose a man worn by pain and hectic fever, unable to digest new milk of any kind, and yet in great need of nutritious, coagulable lymph ; in such a case he will probably agree with butter-milk ; which contains all the coagulable lymph of new milk, so mixed with vegetable salt, so diluted with water, and so broken by churning, as to be easily digested by a very weak stomach ; for beating has the same effect on milk, as it has on an egg ; that is, of rendering it light on the stomach, without altering the nutritious qualities of it. But the great advantage of churning is, taking away the butter ; which always becomes rancid in weak stomachs, although it agrees so well with people in full health and strong exercise.

Thus we see, that although new milk is proper only for healthy, active people, yet
it

it may be so prepared as to agree with invalids also; especially with the addition of bread, fruit, &c. And this agrees with what may be seen among the poorer people in Ireland, Scotland, and Wales, where they are obliged to live on milk, oatmeal, and potatoes, without any variety, for a long lifetime; they are exposed to cold, hunger, and fatigue; sleep on hard beds; are ill covered, and use water for common drink: Hence they are able to digest milk perfectly, and continue in good health for many years; indeed milk is the basis of all their dishes. But if by any accident they contract a disease, they are obliged to part with their diet of new milk, and reduce their food to whey or water-gruel; that is, to a diet much lighter and less nourishing than milk, and not return to milk till they have quite recovered their health; for Sydenham is mistaken when he thinks water-gruel equal to new milk. Seeds indeed are more nourishing than the leaves of plants, as containing most oil; which appears from the effect of feeding cattle and poultry with grain: gruel, emulsions, and whey, are nearly equal. But to make any emulsion of grain or nuts equally nourishing with new milk, you must add the animalised, coagulable lymph, or that which forms the curd of milk. If a man will live on gruel,

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with

with the addition of eggs, oysters, crawfish, or snails, then indeed his diet will resemble new milk.

The dish which resembles new milk the most, is broths prepared from the flesh of animals, with vegetables, salt, and much water: these become sour by long keeping, like milk; part with their fat when cold, like milk; and finally, curdle and become sour, not unlike milk. Nothing admits of so much variety as those vegeto-animal broths, which may be so prepared as to answer every purpose of diet, with or without the addition of bread.

For many years Montpellier was famous for curing chronic diseases, especially the gout; owing, in a great measure, to the art of preparing a vast variety of medicated broths and *bouillions*, according to rules taught by the most able physicians of those days, when Montpellier flourished as the oldest and best school of medicine then in Europe.

New milk and strong soups will not agree with weak stomachs; but butter-milk and small broths may. In general, the milk-eaters allow themselves too great a quantity; and even Dr. Cheyne, when he reduced his fat by the whey of butter-milk, i. e. *wigg*, allowed himself such a quantity of fruit, roots, greens, and bread, as no stomach

stomach but his would digest: the quantity therefore deserves consideration, as well as the quality of our food.

S E C T I O N VIII.

*The Nature of different Substances in use
as a Part of Diet, &c.*

HAVING discussed the fluids in common use, it now remains that we should consider the more solid part of diet, with regard, 1st, to quality; 2dly, quantity; and, 3dly, the proper seasons of eating, as far as experience, in the generality of gouty subjects, can direct us.

1st. With regard to the quality: The most rich, or, if you please, the most gross of all eating, is the raw fat and flesh of stall-fed animals; and that in direct proportion to the rawness and fatness thereof: the next is, dishes prepared from the fat and blood of animal flesh, such as jelly broths, and strong gravy soups; then butter and cheese, or the fat and gravy (if I may so speak) of new milk. Vegeto-animal broths, and new milk, may be accounted solid food, because they are quite sufficient nourishment, without any addition, to any person in moderate exercise: in general, white flesh

is lighter than black flesh ; and young animals are more delicate than old ones ; the lightest of all animal food is the flesh of animals confined within shells ; the generality of fish ; and tripe, prepared properly without the fat.

The more ravenous the animal, and the stronger he is, the less tender is his flesh ; and what we say of land animals, is also true of water animals in general, or with a few exceptions.

Of vegetables, the dishes prepared from nuts, grain, and seeds, are the most substantial nourishment ; and next to them, the sweet esculent roots are more nourishing than the leaves of plants, excepting only the colewort, and its kinds ; perhaps the young shoots of the bread-tree, or cabbage-tree, or some fruits not in common use amongst us ; for all our fruits, when come to maturity, afford the lightest of all nourishment, except the pure whey of milk, and the leaves of plants.

Butter-milk is a species of nourishment *sui generis* : in the cases where it is required, I know no *succedaneum* for butter-milk, just upon the turn.

By varying and compounding these different substances according to art, much may be done to correct the errors, and supply the defects in a constitution ; for in
judging

judging of the quality of food, we are to consider, not only what digests easily, but also what affords that sort of nourishment which the particular case requires.

2dly. With regard to quantity, every one must judge for himself; the most that any man can require is the allowance of an able seaman; and the very short allowance on which seamen have been obliged to live, on some occasions, will tell how little is required to subsist an hard working man, as every seaman must be, especially in bad weather. Now we all know, that victuals ought to be in proportion to the degree and duration of labour, both in quantity and quality; how little and how light then ought to be the diet of an opulent citizen of London? The grossest diet ought to be the least in quantity.

The capacity of the stomach depends upon habit. A man may, by frequent distension, stretch his stomach beyond the natural size; and indeed a big belly is now so common to us, that we hardly consider it as any very great deformity; more than the Piedmontese do their *gouatre*, or prodigious swelling, round their chaps.

I wish all reasonable people to consider, that they ought to eat enough to recruit the tear and wear only, and not to feed themselves like cattle, whose value is their

weight. I believe the best general rule is, to eat of one thing only in one repast, and then the appetite will seldom deceive; but one is in great danger of an indigestion from variety; and frequent indigestions will breed chronic diseases, and so forth.

3dly. As to the proper seasons for eating our principal meal, let us take the advantage of Sydenham's observation, as far as he gives it, p. 488, sec. 44.

"As to the times of eating," says he, "only dining is necessary; for as the night should seem peculiarly designed to digest the humours, it would be wrong to waste that time in digesting the aliment. For this reason, gouty persons should forbear suppers; but they may drink a large draught of small beer, as being generally subject to the stone in the kidneys, which this liquor may prevent."

At all times and seasons, I am certain, it is improper, for gouty people, to eat solid food after dinner; but very early in the morning they may eat a good basin of panado or gruel, with new milk, and a slice of bread; or tea or cocoa, or water-chocolate with milk, sugar, and dry bread, by way of breakfast; eat fruit with bread, and drink a glass of water, by way of luncheon, at noon; and end the day by a plain dinner at a late hour, suppose four o'clock.

SECTION

SECTION IX.

Special Method of treating the Terrentia.

IN cases of incipient gout, when the constitution has not suffered from age or infirmity, the gouty feelings may be carried off without a fit, and the original chronic disease radically cured afterwards, as has been said in the first and third Chapters of this Essay. But in cases of inveterate gout, or broken constitutions, it is always difficult, and sometimes impossible, to cure the original chronic disease, now become quite constitutional.

In such cases, gouty matter will be fabricated, collected, and become acrid; producing many troublesome and painful symptoms, called *terrentia febris podagrica*, which cannot be removed with propriety, without a regular fit of gout, or depuratory fever *sui generis*, at certain seasons; the artificial evacuations being found insufficient for the purpose, and the frequent use of them, of dangerous consequence, in such cases, as has been already observed.

The present question then is, supposing the matter collected, and the *terrentia* come on, what can art do to assist in concocting

and expelling this matter, with propriety, advantage, and effect, according to the regular, common course of nature?

In such a case, I say, it is not good practice to endeavour to prevent a fit by large bleedings, nor by strong and repeated purges; nor by a very spare, low diet; nor by frequent warm bathing, and sweating in bed; neither is it salutary to force sweat, nor to precipitate a fit by powerful sudorifics: but there are three intentions of assisting nature, which may be prosecuted with advantage, during the *terrentia*, and persisted in till the formed fit takes place.

1st. By a proper attention to the quality and quantity of [diet, the hours of eating, sleeping, and taking exercise, we may moderate the quantity, and correct the acrimony of the morbid matter; which intention may be much assisted by keeping the natural secretions and excretions in good order; and for this purpose it may be necessary, in some cases, to give a gentle puke; to open the body by a small dose of the sulphur electuary going to bed; to give a few grains of rhubarb every day before dinner; and to increase the bed-coverings, or wearing apparel.

In all cases of low spirits, lost appetite, or flatulent digestion of food, one ought to avoid fat, butter, all raw, gross, or greasy food,

food, or things of difficult digestion, such as salted and smoked meat, &c.

2dly. To assist nature in concocting the morbid matter, and fitting it for expulsion, in weakly constitutions, besides attention to diet and exercise, I have often found it necessary to order an additional quantity of wine after dinner; to put some wine in all their sippings, and to take some mild, cordial bitters, with a few drops of steel wine twice in the day; and to add seasoning to their food, such as garlic, onion, salt, and pepper, or mustard.

3dly. As soon as the stomach is easy, the spirits relieved, and a keen appetite, with a quick digestion of victuals, come on, then I conclude that coction has partly taken place, and that I may look for a fit in a few days. I stop all medicine therefore, and think of nothing but directing the digested matter to the lower extremities; especially I order the feet to be kept warm in bed during the usual hours of sleep; and to drink a draught of wine whey, or gruel with some wine going to bed, instead of supper; by which means I expect to dilute and direct the concocted matter towards those organs which are most proper for the reception of gouty matter, according to the well known natural history and usual progress of the disease.

SECTION

SECTION X.

Formed Fit, how treated in general.

BEFORE I proceed to the special method of treating the formed, regular fit of simple gout, I must take notice of an error I have often met with. Some people have imagined that there is a certain diet adapted to the gout, in all cases, stages, and constitutions; whereas, on the contrary, the diet must be varied not only according to the constitution of the individual, in this as in all diseases, but the interval requires a diet different from the *terrentia*; the beginning of the paroxysm different from the termination, and from the remission between two paroxysms; and so every alteration, in the progress of the disease, requires a species of diet suited thereto. Upon the perfect knowledge of this depends very much the dexterity of treating a regular fit, from beginning to end; for in this particular fever we are to supply, by diet alone, all the evacuations and medicines commonly used in other depuratory fevers, and yet to render it as effectual for the purpose of despumation.

In considering the progress of a regular cardinal fit, I have often compared the gout
to

to the ague. There is one gout of the spring, and another of the autumn, each partaking a little of the epidemic constitution of those seasons, like the ague: it remits from the beginning, like the ague. Sometimes there is a regular paroxysm every twenty hours, one more considerable than the other alternately, like a double tertian; sometimes there is a good day, and a bad day alternately, like a single tertian; sometimes there are two good days between every two paroxysms, like a quartan; and finally, there is an absolute intermission, or absence of fever towards the conclusion. The swelling and tenderness of the affected joints do not intermit, that is, the *febris in parte*; but the general fever, the *frigus febrile*, the *rigor febrilis*, the *anxietas*, *calor*, *sitis*, *pulsus celer*, &c. do really disappear during the well days; and all return again, nearly at stated times.

This fever, then, ought to be treated like a peculiar remitting, intermitting, depuratory fever, which does not well bear bleeding, vomiting, purging, sweating, nor any low living, unless in the beginning, or in some particular cases and constitutions; in which, however, some evacuations may also be occasionally necessary, as shall be explained in the next Chapter.

At

At present I will consider the single, regular gout only; and simply narrate that treatment which I have recommended for several years past; by which the fits have been gradually shortened, and rendered so effectual for the purpose of depuration, that by a strict attention to diet, air, exercise, and mild stomachics afterwards, the intervals have been gradually more and more lengthened; and finally, the cardinal fits reduced, or, for aught I at present know, altogether prevented in some cases.

Suppose, then, a man goes to bed, in his usual state of health, on the Monday night, but is disturbed soon after midnight with a chilly fit, succeeded by a sharp pain in his foot, with a considerable degree of heat; both which encrease every hour all day and all night on Tuesday, till about two o'clock on Wednesday morning; when he is relieved by a gentle perspiration, and a quiet, soundish sleep of four, or five, or even six hours; then he wakes much refreshed; and the heat, pain, tenderness, and restlessness of the foot are the chief complaints now remaining.

In this situation I first see him, suppose about eleven o'clock on Wednesday morning, and find that he has gone through a regular, perfect paroxysm of gout; but
upon

upon examining the tongue, it is not quite clean; nor is the pulse quite calm; nor the skin so cool as it ought; nor the urine hypostatic. It is therefore a very considerable remission, but by no means an intermission; and hence you are pretty certain that it will return again at, or before two o'clock on Thursday morning. What then remains to be done is, only to procure present relief, as far as may be done, with propriety, in this particular fever, which does not agree with plentiful evacuations of any sort; and then to prepare for the return of the second paroxysm, which will come on in twelve or fourteen hours.

For these purposes I advise, 1. That the patient keep his bed. 2. That the part affected be put up in sheeps wool, and then covered all over with an oil-skin, or lamb's-skin. 3. That a motion be invited, by throwing up a pint of gruel or broth by way of clyster. And, 4. That he live on fluids only.

Now the proper fluids for a gouty person are smaller than wine, but stronger than water; such are whey, made, *suppose*, of half a pint of sack or good mountain, half a pint of water, and a quart of milk; panado, or sago, or gruel with sugar, and a gill of wine to every pint of liquor; or brown caudle, that is, gruel, with half a pint of beer to every pint of gruel.

On

sweat continues all the time of the remission, with much thirst, restlessness, and lowness; which always indicates a symptomatic discharge, and evacuation of crude matter; owing to bad practice in gouty habits; to much acrimony, and a relaxed state of the solids; or debility, occasioned by long confinement.

This symptom is best moderated, in the inflammatory fevers, by bleeding; and in the putrid fevers, by vomiting and purging. But these will not do in the case of gout; here we must be contented with a clyster to wash the lower part of the bowels; to reduce the warmth of the diet; to add lemon-juice to the sippings; to diminish the bed-coverings above the middle of the body; to have the patient rubbed dry, and shifted, and set up in bed; and if all that should not answer the purpose, he must be taken out of bed, and exposed to the fresh air, with his knees, legs, and feet, well covered.

In the generality of simple regular fits of gout, these simple means are sufficient during the first seven paroxysms, or fourteen days of the cardinal fit; but in worn constitutions, and such as are subject to faintings, purgings, and tedious fits, it may be often necessary, not only to shift the sick, and set them upright in a chair, but also to move them into rooms more airy than their usual

usual bed-chambers; and even into carriages, and the open air, although attended with much pain and trouble.

What I say of excessive sweating on the days of remission, I say of all the other secretions and excretions; care must always be taken to keep them within proper bounds. In all such cases, small doses of bark, and other restorative bitters, have been of service, as shall be observed in the next Chapter.

The cardinal fit of a recent gout seldom exceeds seven paroxysms, which are performed in fourteen days; but if proper care is not taken during the interval, that is, after the fit is over, the second fit will require eleven paroxysms, and the third fourteen paroxysms, to clear the constitution: then it comes to twenty-one paroxysms, or forty-two days; and with tolerable management, it may be confined to that space for many years, like most of the other atrabilious, depuratory fevers.

But if the remote causes are continued that bred the disease originally, then the cardinal fits soon exceed twenty-one paroxysms, and, perhaps in a year or two more, come to twenty-eight paroxysms, or two months. Beyond this I have not been able to observe with accuracy; for the very long protracted

fits are irregular, sometimes quartan, sometimes quintan; seldom tertian.

The double tertian gout requires as many days as the single tertian; so that the lesser paroxysms seem to do very little towards the operation of despumation. It seems to arise from great redundancy of gouty matter; or want of natural vigour; or unskilful treatment; or all three together. It is therefore a favourable symptom when the lesser paroxysms go off, and the disease becomes a single tertian; the exacerbations indeed become more sharp, and the pain and swelling of the part more considerable; but the remission becomes much longer, and sooner comes to a real intermission, and solution of the whole fit.

One unseasonable bleeding, purge, or forced sweat, is very apt to turn a regular, simple tertian, into a double tertian; or into an irregular, protracted, ineffectual, single tertian, of long duration.

SECTION XI.

Progress of the formed cardinal Fit explained.

BY a cardinal fit every body understands that gout and fever which comes every spring,

spring, or fall, to depurate an atrabilious constitution; to reduce the preternatural size of some of his organs, and evacuate many of his morbid humours.

The difference between a spring and harvest gout, is much the same as the difference between a spring and harvest ague, which shall be considered when we come to speak of the complicated gout; the present intention is only to explain the nature and tendency of the fever in general; and the best mode of conducting it, so as to render it more short and effectual for the purpose of depuration, without injury to the parts affected, or the constitution in general.

For all these (*desiderata*) purposes the indications are chiefly four, *viz.* 1st, To bring the remitting fever to an intermittent. 2dly, To regulate the paroxysms so as to render them effectual for the purpose of despumation. 3dly, To preserve the parts affected, and the whole constitution from mischief. And, 4thly, To prevent the formation of gouty matter in future.

1st, I have already given the best method of treating a paroxysm of gout, from the beginning of the first exacerbation to the end of the first remission; and to hasten the real coction of the morbid matter, or to turn the remission into an intermission,

little else will be necessary than time, a continuation of the same regimen, and confinement in bed, till the pulse becomes moderate; the skin soft and cool; the body regular; and the urine hypostatic; which generally happens after the fourth paroxysm, that is, on the eighth day; often much sooner: whenever it does, the inflammation or violence of the fever is abated, and then the patient may be taken out of bed. Now this matter is of great consequence, and not sufficiently attended to by the generality of gouty patients or practitioners, having at present no rule to go by; I will therefore give it a short discussion.

“ But,” says Sydenham, p. 502, sec. 61,
 “ notwithstanding what has been said of
 “ the usefulness of exercise in the paroxysms
 “ of the gout; yet, if the fever be so vio-
 “ lent, in the beginning, as to confine the
 “ patient to his room, it will likewise be
 “ proper for him to keep his bed a few
 “ days, till the pain abates; as the warmth
 “ thereof will in some measure supply the
 “ want of exercise; for lying constantly in
 “ bed digests the morbid matter more effec-
 “ tually in a few days, than sitting up does
 “ in many, especially in the infancy of the
 “ disease; provided that the patient can
 “ forbear flesh without faintings, and other
 “ bad

“ bad symptoms; and be contented only
 “ with water-gruel, small beer, and the
 “ like. For a person who has sufficient,
 “ and unbearable pain in his limbs, may
 “ keep his bed, his life being secured by
 “ the violence of the pain, which is the
 “ most *effectual*, though sharpest remedy
 “ in nature.

“ But if instead of pains in the limbs
 “ an inveterate gout disposes the patient to
 “ faintings, gripings, a looseness, and the
 “ like symptoms, he is in great danger of
 “ being destroyed by one of these fits, un-
 “ less he uses exercise in the open air, for
 “ the most part of every day, during the
 “ fits; without which no cordial or drug
 “ can secure him from danger; not even
 “ Canary wine, which is the best of all
 “ cordials in this case.”

Here, then, is the general rule, accord-
 ing to the experience of Sydenham, which,
 in our more modern, medical language,
 would run thus: If you have much pain
 in the extremities, and other symptoms of
 inflammation, in the beginning of the car-
 dinal fit, and during the days of crudity,
 then keep your bed, and observe an anti-
 phlogistic regimen for some days, which
 will greatly moderate your pain, and pro-
 mote coction.

But if, instead of external pain and inflammation, you are oppressed with sickness, faintings, and other symptoms of relaxation and putridity; then be carried into the open air, moved about in a coach for the greatest part of every day, and drink Canary wine freely; which is preferable to any other wine in this case, as well as to theriac and the other cordial drugs; indeed, in all cases of great debility and putridity, we know no remedy so effectual as current air, and cordial wines.

With regard to the proper hours of being up, and in bed, during the fits as well as in the intervals, Sydenham gives my ideas so exactly, that I will copy his words, p. 495, sec. 52. "There is," says he, "another caution to be inculcated, which, though it may seem trifling, is of great moment, both to digest the gouty matter during the fit, and also to prevent the generation thereof in the intervals; and that is, going to bed early, especially in winter: for next to bleeding and purging, nothing impairs the strength of *gouty people* more than sitting up late a-nights; which every valetudinarian can affirm from his own experience, provided he has only carefully observed, how much more vigorous and chearful he rose in
" the

“ the morning when he went to bed early,
 “ and how languid and faint he has found
 “ himself after sitting up late.

“ And though there may seem to be no
 “ difference betwixt going to bed earlier
 “ or later, provided a person lies in bed
 “ the same number of hours; as for in-
 “ stance, whether he goes to bed at nine
 “ and rises at five, or at eleven and rises
 “ at seven; yet it is not so: and I conceive
 “ for this reason principally, that in the
 “ day the spirits are dissipated, either by
 “ exercises of the body or mind, which are
 “ so weak, in sickly persons, that they re-
 “ quire the assistance of sleep earlier in the
 “ evening; and as the approach of night
 “ occasions a kind of relaxation of the
 “ animal œconomy, the tone of which was
 “ kept up in the day by the heat of the
 “ sun, the warmth of the bed becomes ne-
 “ cessary to supply the place of the sun,
 “ especially in the winter season.

“ But the spirits being refreshed and in-
 “ vigorated in the morning by the pre-
 “ ceding night's sleep, together with the
 “ warmth of the bed; and the ensuing day
 “ likewise strengthening the tone of the
 “ parts still more, the rising early at this
 “ time, though it may take an hour or
 “ two from the morning sleep, hurts the
 “ constitution less than sitting up an hour

“ or two later in the evening. For this
 “ reason, I would advise such as are subject
 “ to the gout to go early to bed, especially
 “ in the winter, and to rise by times in the
 “ morning; though their having had less
 “ sleep than usual may incline them to lie
 “ longer, in order to get it up: for the
 “ sleep which is got in the morning will
 “ rob them of as much the next night;
 “ and thus at length by doing violence to
 “ nature, and despising its wise dictates,
 “ the night may be preposterously turned
 “ into day, and the day into night.”

2. By a continuation of this treatment, the gout will soon come to intermit, with every sign of coction, and absence of fever on the well days; then we are to consider how we ought to conduct these paroxysms so as to render them effectual for the purpose of despumation; and for this reason an exact journal must be kept of each exacerbation, its degree and duration; the degree and duration of the sweat and other critical discharges on the days of intermission, and the effect of each fit with regard to the spirits, strength, appetite, and former complaints of the patient; just as has been said in the Chapter on the ague, in the first volume of my Observations on Fevers; excepting only the bleedings, frequent vomits, and purges, which are more frequently

quently necessary in the ague than gout, though seldom in either after intermission.

To form some idea of this stage of the disease, one ought to consider, that the whole exacerbation and remission are performed in the space of forty-eight hours; that in the beginning the exacerbation is much longer than the remission, indeed the remission is for a few hours only; that gradually the exacerbation becomes shorter and shorter, till at last it is succeeded by a perfect intermission; that after this the exacerbation is, or ought to be, sensibly shorter than the intermission; and that the intermission ought to lengthen gradually every paroxysm, by some hours; till at last there is an end of all exacerbation, or a perfect solution of the fit.

But during the continuation of the fit, one must consider, that there is a quantity of crude matter to be concocted and evacuated; that every exacerbation concocts some of it, which ought to be exactly evacuated by the succeeding discharges, during the beginning of the remission; after which the spirits and body are to be nourished and refreshed, to enable them to perform the next exacerbation with power and sufficient effect.

The fever, then, must not be reduced below a certain standard; nor the critical
evacuation

evacuation pushed beyond a certain degree. The quantity and quality of nourishment ought to be in proportion to the appetite and digestion of the patient; neither too much, nor too scanty. The operation of feeding the sick must be entered upon soon after the intermission begins, that the digestion of the food may be pretty well over before the hour the fever is expected, that nature may not be oppressed with concocting victuals at the same time, when all her powers are called forth to concoct morbid matter.

The first thing in this, as in all depuratory fevers, is to ascertain, with precision, the degree of inflammation; or, on the contrary, of the putrid *diathesis*; and this is not difficult for men who have studied fevers, with due attention, for many years, although it must for ever remain beyond the level of the ignorant. According to this, the whole regimen must be regulated throughout, and varied as the case may vary; being rendered more or less antiphlogistic, or antiseptic (*pro re nata*), by adding lemon juice, beer, wine, or brandy, as the symptoms indicate; so as to correct the morbid disposition of the humours, by a diet suited to the particular constitution of each patient, his former complaints, and usual mode of living.

All the general rules that can be given are, 1. That the quantity of nourishment shall be in proportion to the quantity of the evacuations. 2. That the quality of the food should be in proportion to the degree of (*apyrexia*) the absence of fever; that is, the less fever, the more rich ought the diet to be. And, 3. The chief meal should be taken soon after the critical evacuations, that the digestion of it may be pretty well over before the fever comes on.

1. By a due attention to these rules, a judicious person will easily conduct the whole fit, so as to concoct the whole gouty matter, and finally evacuate it, without any injury to the constitution, even if it should prove very tedious; observing only, that the quality of the food must be made antiphlogistic, or antiseptic, according to the *diathesis* and symptoms.

2. When the body was gross, and loaded with crude humours, ready to stagnate in every quarter; that is, during the *terrentia*, it was necessary to increase the quantity of wine, and make the diet thin, light, warm, and stimulating, in order to attenuate the gross humours, and excite the organs to coction, &c. But towards the end of the cardinal fit, after the gross humours have been concocted and expelled, and nature has been fatigued and exhausted by the conflict,

conflict, a more soft and restorative diet becomes necessary, in order to recover the usual health and strength of the patient, and make his fibres plump and elastic; for nothing that reduces the strength, that softens the flesh, or increases the big belly, will ever agree with a gouty person.

3. With regard to the parts affected, more attention has been paid to them than the case required; 1st, by some who have been impatient of pain; and, 2dly, by others who have expected more from the discharge from those parts than they are intended to perform; we will therefore consider both. The pain of the gouty swelling is very sharp, especially in the beginning of an effectual fit; but one should consider, that his security is in proportion; for so long as the pain is considerable in the extremities, he is free from danger; and on the contrary, much advantage is not to be expected from a fit of gout when the pain is trifling: he had better therefore bear with the pain, and suffer the swellings to take place; for the more morbid matter, which nature deposits in those parts, the easier can she concoct and dispose of the remainder; and the sooner will the fever come to an intermission.

This mode of depositing a considerable part of the offending matter upon the joints,

joints, till the remainder can be properly disposed of, is a common expedient, which nature makes use of on many occasions, when she is oppressed by the redundancy of morbid humours. Thus, in the confluent small-pox, after the eruption has been completed, the first deposit is on the head, and round the face, jaws, and neck; gradually as they subside the hands and arms begin to swell; as soon as these swellings abate, the feet and legs swell, or ought to swell; and according to the regularity and degree of these swellings, we judge of the safety of the patient. I have often been at a loss, and unable to account for this phenomenon, and what finally became of this vast quantity of matter, which could not pass through the skin, now become dry and hard.

As long as these swellings remained very considerable, the fever was moderate and regular, and things went on well; but if any sudden sweat, or other violent evacuation, reduced these swellings, before the remainder of the morbid matter had been disposed of, symptoms of danger soon appeared; on the contrary, if these swellings, especially of the feet, continued till the secondary fever was subsided, the patient recovered with little suffering or bad consequence; and always the better, the more gradually

gradually the swellings abated, even after the fever was, *in a manner*, gone off.

Sometimes, about the conclusion of the fever, a smart purging in infants, or a salivation in adults, carried off the swelling; and many escaped by these means. But they always did best, in whom the swellings continued till the whole disease was quite over, and then diminished gradually.

I have often observed something of the same sort, in a variety of fevers, where nature has made deposits upon the extremities, with great relief, when the quantity of morbid matter was greater than could be otherwise disposed of; there it remained, out of the course of circulation, for a time, till the remainder of the morbid matter was concocted and expelled: then the deposited matter, which had undergone some digestion in the parts where it had so long remained, was now gradually reabsorbed; and being further concocted and prepared, was evacuated also, and health finally restored.

I do not mean to insinuate that the gouty matter is, in its own nature, very malignant; for the matter of the gout is indigenous, and not at all so virulent as the extraneous poisons of contagious diseases. But still we find that the premature reabsorption of gouty matter, and still more the
repelling

repelling it from the extremities, is attended with dangerous symptoms, by overwhelming nature (already oppressed), with this additional quantity of crude matter.

In my opinion, the matter deposited on the joints, in the beginning of the fever, is intended to be left there, and put, as it were, to one side, out of the common course of circulation; and there it ought to remain till, 1st, the remaining matter is concocted and expelled; 2dly, the more volatile, acrid, and subtile part has found its way through the skin; and, 3dly, the grosser part has undergone a certain degree of digestion, been gradually attenuated, and diluted by the mixture with other sounder juices; and thus prepared for reabsorption by little and little at each time, (*reprise*) and in that quantity only which the digestive powers of the organs are well able to concoct and dispose of, without much struggle; and I am the more confirmed in this idea by an observation which I have lately made in several cases: *viz.*

In the beginning of the fit, when the fever run very high during the night, I found the affected joints swelled in proportion on the following morning; a demonstration that the night fever had thrown a quantity of morbid matter out of the general mass of humours, on these joints;
and

and this swelling increased after each paroxysm, for a certain time. But after the disease had lasted a considerable length of time, and the fever had declined very much; then the swellings begun to subside, and most so after an uneasy night; as if the uneasy night had been occasioned by the reabsorption of some part of the deposited matter, now returned into the blood, and there further concocted, to be expelled through the common emunctories.

In considering this matter seriously, it appeared to me, that in the beginning it was proper to facilitate the swelling of those parts, to a certain degree, so long as nature seemed disposed to ease herself that way; during which time it was also proper to keep the skin of those parts soft and open, to suffer the more volatile, acrid part to escape: but as soon as the fever was sensibly abated, and the swelling of the parts rather subsided; then it became necessary to moderate the perspiration of those parts, for fear of taking away all the thinner juices, and leaving the more thick to concrete; by which the future reabsorption might be rendered difficult, or even impracticable. But as soon as the whole fit was over, and nothing remained but the swelling, stiffness, and great tenderness of the affected joints; then, and not till then, I judged

judged it proper to attenuate the remainder of the matter in the articulations, and promote the reabsorption of it.

To answer these purposes, as soon as the parts begin to feel tender and painful, I direct them to be done up in sheeps wool, and then covered with oil skin, lamb-skin, or bladders; or any thing that can confine the natural exhalation, so as to keep the part in a constant, warm, moist, vapour-bath, day and night; which gives a great deal of ease, and facilitates the swelling of the joints.

As soon as the intermission takes place, with the real symptoms of coction, then I desire to remove all these coverings, and put on fresh wool, with flannel instead of oil-skin; which does not confine the steam, and of course does not so much encourage the transpiration. I order some of this wool to be taken away every day, and in a short time nothing remains but the flannel only; then I order the flannel covering to be thinned every day gradually; and thus, by degrees, come to a worsted or lamb's-wool stocking; which ought to be continued, even in the intervals.

As soon as the whole fever is gone off, I recommend moving the affected joints as much as may be; and so wonderful is the attenuating power of this kind of motion,

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that I have seen it resolve real concretions, and render them fit for reabsorption; and the same joint made pliable, that at first seemed past recovery, without any external application.

4. The last thing proposed, was, the best method of restoring the general state of health, and preventing a return of the fit; but of this I have already given my opinion in the third Chapter, to which I refer.

And thus I have given my idea of the natural, regular fit of simple gout; in which I have been much more tedious than I intended, and been guilty of repetitions, for fear of not being well understood by people unaccustomed to accurate observation, and intense thinking. The nature and progress of the simple fit being well understood, it will be more easy to explain all the deviations from it; whether owing to natural debility, wrong treatment, or other diseases; which is still more intricate, and will require more medical knowledge, as we shall see in the next Chapter.

RECAPITULATION.

IT is very certain that, *cæteris paribus*, the labouring people, when ill, recover sooner and better than the opulent and luxurious; and that medicine is administered with more success in hospitals than in private practice; although the opulent may be supposed to have many advantages in their favour. The reason however is obvious; for the sober labouring man has by nature a solid constitution, which co-operates powerfully with proper remedies for the recovery of his health; whereas the constitution of the man of fashion is so injured by his mode of living, that his natural powers are but feeble, and his diseases often complicated.

The heir of a great estate is confined to study when young, and brought up with ideas of vanity, pride and ambition; he enters early into the scramble for honours, power and riches, where he is for ever exposed to anxiety, vexation and disappointment. These heavy mental concerns debilitate his nervous system so much, that nothing can preserve his health, but the utmost regularity, temperance, and bodily exercise in an open good air.

But unhappily the young gentlemen of fortune are in danger of adopting an opposite

course of living, and becoming voluptuous, luxurious, indolent and intemperate; by which their solids are relaxed, and the humours inspissated; and of course they contract that temperament, so well known to the luxurious Greeks and Romans of former days; and by them called *melancholic*, or *atrabilaric*, the source of many painful and obstinate diseases.

This temperament, so produced, is communicated to the offspring, if not prevented by skill and care in rearing the children: hence the great increase of it, and of the diseases arising from it, in our time.

It is not a very difficult matter to prevent the formation of this temperament; nor even to remove it, if one sets seriously about it, before the constitution is much injured by age, infirmity, or great intemperance: But if it is neglected, and suffered to become inveterate, it brings on a great variety of the most uneasy feelings of mind and body; often difficult to be removed without the aid of a depuratory fever.

The febrile complaints occasioned by the atrabilious temperament are in number six, viz. The atrabilious fever, remittent or intermittent; the atrabilious diarrhœa, seldom a dysentery; the peripneumonia notha; the piles; the guttæ rosacæ; and the gout. As all these febrile complaints originate

nearly from the same remote cause, they all operate for the same purpose of depurating the constitution; but require some variation in the treatment, according to the organ on which the fluxion is determined: very often indeed I meet with two or more of them in the same person, at the same time; cough and piles; guttæ rosaceæ and gout, &c.

The same person is liable to have every one of them at different times, according to the different stages of life; thus, *e. g.* the same Mr. Gomz whose case I have given, to explain the termination of the atrabilious fever, has, since that time, had all of them in regular succession, and is now a gouty man, advanced in life; but enjoys a considerable share of health and vigour, and promises to arrive at mature old age.

The cure of the atrabilious temperament by medicine, is to be attempted only when there is no fever; for as soon as the fever comes on, nothing very active ought to be given, either to hurry or retard; but the operations of nature are to be gently assisted, and directed so as to depurate the constitution.

Of the first five atrabilious fevers, I have given my ideas in my former Observations on fevers; I at present confine myself to the gout only; and have pointed out in the first
chapter

chapter how it originates ; in the second, how it may be prevented ; in the third, how it may be cured when recent ; and in the fourth, how the formed, regular, cardinal fit of gout ought to be conducted, and when the radical cure may be attempted. In treating this subject, I have considered the common symptoms which immediately precede a formed fit of gout ; *i. e.* the *tertientia* ; the symptoms which distinguish the gout from all other diseases ; the effect of evacuations in gouty habits ; the proper and improper regimen ; and finally, the few remedies, which, in the course of my own practice, I have found serviceable during the whole cardinal fit.

These things being well understood, it will be more easy to comprehend the nature of irregular gout ; which I propose to explain, if it should please God to continue my life and faculties ; whether arising from debility, or the addition of other diseases.

Lime-Street,
Dec. 20, 1780.

F I N I S.

